

# READING SUGGESTIONS

## HEALTHY MINDS

Brown, Brene. *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to be and Embrace Who You Are.*

Gladwell, Malcolm. *Outliers: The Story of Success.*

Harris, Dan. *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works.*

Kondo, Marie. *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing.*

Rubin, Gretchen. *Better Than Before: Mastering the Habits of Our Everyday Lives.*

Ruiz, Miguel. *The Four Agreements: A Practical Guide to Personal Freedom.*

## HEARTY HABITS

Bittman, Mark. *Food Matters: A Guide to Conscious Eating with More Than 75 Recipes.*

Guiliano, Mireille. *French Women Don't Get Fat: The Secret of Eating for Pleasure.*

Grierson, Bruce. *What Makes Olga Run? The Mystery of the Ninety-something Track Star and What She Can Teach Us About Living Longer, Happier Lives.*

## BECAUSE LAUGHTER IS THE BEST MEDICINE

Fey, Tina. *Bossypants.*

Gaffigan, Jim. *Food: A Love Story.*

Harris, Neil Patrick. *Neil Patrick Harris: Choose Your Own Autobiography.*

Kaling, Mindy. *Is Everyone Hanging Out without Me? (And Other Concerns).*

Novak, B.J. *One More Thing.*

Offerman, Nick. *Paddle Your Own Canoe: One Man's Fundamentals for Delicious Living.*

Poehler, Amy. *Yes, Please.*

Sedaris, David. *Let's Explore Diabetes with Owls.*

## HEALTH AND WELLNESS APPS

*There are several apps that Android and iOS users can utilize to track progress on their health and wellness goals. Here are a few examples that you can find in your app store:*

ATracker—Daily Task and Time Tracking

Daily Water—Water Reminder and Counter

Footsteps—Free Pedometer

Pacer—Pedometer plus Weight, BMI Management and Blood Pressure Tracker

Waterlogged—Water Reminder and Counter

## ONLINE RESOURCES

10 Strategies for Better Time Management: [www.fcs.uga.edu/dcs/time\\_management.pdf](http://www.fcs.uga.edu/dcs/time_management.pdf)

Alzheimer's Association: [www.alz.org](http://www.alz.org)

Healthy Heart Quizzes: [www.heart.org](http://www.heart.org)

How to Compost: [www.howtocompost.org](http://www.howtocompost.org)

TanglePatterns: <http://tanglepatterns.com/zentangles>

Zentangle: [www.zentangle.com](http://www.zentangle.com)

## KEEP UP WITH BPL ONLINE



[burlingtonwa.gov/library](http://burlingtonwa.gov/library)



Burlington Public Library WA



[libraryhubbub.burlingtonwa.gov](http://libraryhubbub.burlingtonwa.gov)



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